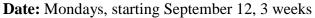
September Tai Chi & Line Dancing

Starting in October – new quarterly sessions Oct-Dec

Tai Chi Classes

- Improve Balance
- Improve Strength of Body
- ❖ Achieve Clarity & Focus of Mind
- Gain Calmness & Lightness of Spirit



Basic Class

Time: Noon-12:55 p.m. **Cost:** \$9 per participant

Advanced Class

Time: 1:00-2:00 p.m. **Cost:** \$12 per participant **Instructor:** Claudia Olson

Line Dancing

- Improve your balance
- ❖ Gain confidence & Have Fun
- ❖ Find the beat & Get moving

Date: Thursdays, starting September 8, 4 weeks

Time: 1:30-2:30 p.m. **Cost:** \$12 per person

Instructor: Mary Anne Williams

TRAINTA

Urbana Senior Center 9020 Amelung Street, Frederick, MD 21704

(located on the lower level of the Urbana Regional Library)

301-600-7020 ● UrbanaSeniorCenter@FrederickCountyMD.gov www.FrederickCountyMD.gov/aging